

MyST - My Support Team

Jennie Welham - Regional Programme Director
Cariad Warrilow - Regional Data & Performance Manager

A Gwent Partnership Board Service ~ Gwasanaeth Bwrdd Partneriaeth Gwent

Overview of the MyST Service



Model of Care

Intensive mental health service for children, young people and their families involved in Childrens Social Care, who have the most complex needs

Whole system approach to provide psychologically informed care, support and interventions

Established value base and model

Enabling young people with complex needs to be cared for in local homes, within families

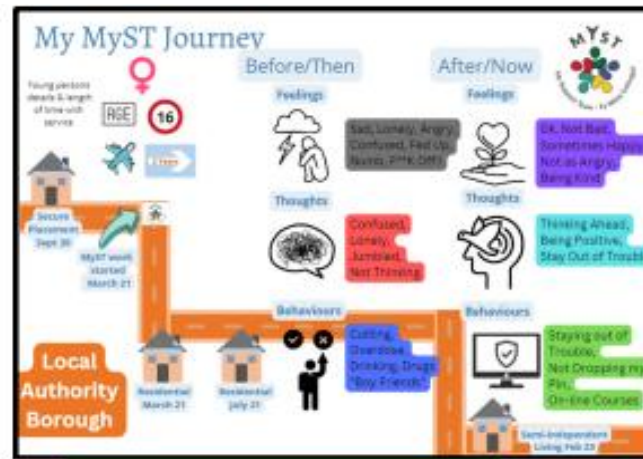
Models of care

- ▶ People are more involved in deciding where they live while receiving care and support
- ▶ Complex care and support packages are better at meeting the needs of people and are delivered at home or close to home
- ▶ Families get better support to help them stay together
- ▶ Therapeutic support improves and enhances the well-being of care experienced children

Journey of Young Person

- ▶ Early identification
- ▶ Consultation
- ▶ Identification of community resource
- ▶ Engagement phase
- ▶ Assessment and WARRN
- ▶ Outcomes
- ▶ Ending

Outcomes & Impact



Goals

We have created 10 young person centred generic goals. The young person gives themselves a baseline score when setting the goal and reviews every 6 months. If a goal is achieved ratings against that goal continue to be captured providing accurate representation of their journey.

Journey = Impact Pages

We have created journey pages to illustrate young peoples journey's in a relatable format.

Before/Then	Feelings	After/Now
	Thoughts	
	Behaviours	

FTB Indicator Tool

Feelings thoughts & behaviours indicator tool is a therapeutic activity which gives young people the opportunity to express how they felt, what they were thinking & how they were behaving, before MyST intervention compared to after.

BAC

MyST has been using the Brief Assessment Checklist (Tarren-Sweeney, 2013) since March 2018 as a mental health measure, both to assess young people's needs and monitor their progress whilst our work with them takes place.

BAC-A Brief Assessment Checklist for Adolescents (ages 12 to 17)

Young person's name: _____ Sex: _____

Young person's age: _____

Your relationship to the young person: _____ (e.g. mother, father, aunt, uncle, brother, grandfather)

There are some statements that describe young people's behaviour and feelings. For each statement, please circle the number that best describes your child in the last 4 to 6 months.

Circle 0 if the statement is not true for the young person in the last 4 to 6 months.
 Circle 1 if the statement is partly true for this young person in the last 4 to 6 months.
 Circle 2 if the statement is mostly true for this young person in the last 4 to 6 months.

1	0	1	2	Constantly seeking excitement or 'thrills'
2	0	1	2	Shows defiance
3	0	1	2	Does not share with friends
4	0	1	2	Does not share affection
5	0	1	2	Often withdrawn or misanthropic
6	0	1	2	Angry host
7	0	1	2	Indecent feelings
8	0	1	2	Impulsive (acts badly, without thinking)
9	0	1	2	Lacks guilt or empathy
10	0	1	2	Relates to strangers as if they were family
11	0	1	2	Seems being comforted when hurt
12	0	1	2	Shows intense and disproportionate anger
13	0	1	2	Too friendly with strangers
14	0	1	2	Too jocular
15	0	1	2	Has had trouble with other young people
16	0	1	2	Withdrawn

For each of the following statements:

Circle 0 if the behaviour did not occur in the last 4 to 6 months.
 Circle 1 if the behaviour occurred occasionally in the last 4 to 6 months.
 Circle 2 if the behaviour occurred most of the time in the last 4 to 6 months.

17	0	1	2	Apparent sexual 'spurred on' (this is a bonus)
18	0	1	2	Intense reaction to criticism
19	0	1	2	Overall behaviour not appropriate for their age
20	0	1	2	Sudden or extreme mood changes

UK English version: www.mhfonline.com.uk

Difficulty: _____ Score: _____

My MyST Journey

13

18 Months



Before/Then

After/Now

Caerphilly
Borough

Too many feelings
Cant make sense of them

Feelings



Thoughts

Avoided my thoughts



Behaviours

Drugs
Running away
Physical violence
Verbal aggression
Not going to school



Feelings



Thoughts

Able to identify
understand feelings

Trying to make
sense of my thoughts

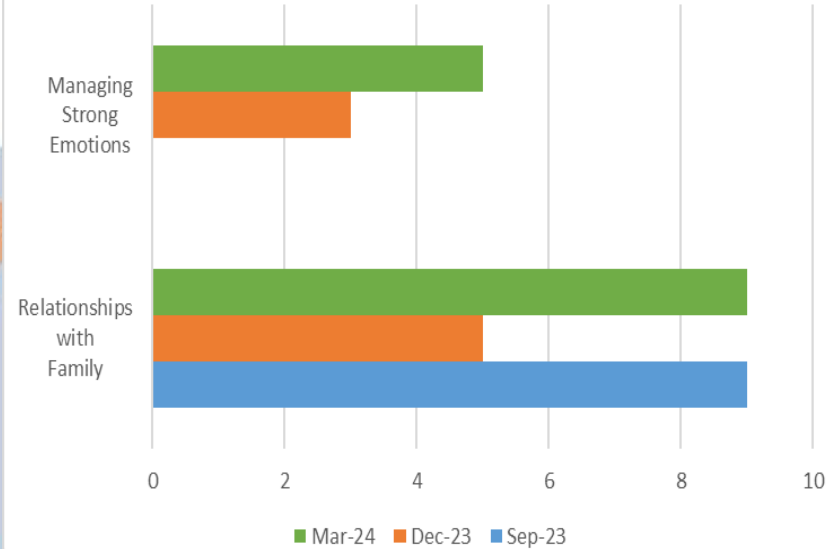


Behaviours

Still has some behaviours
No violence
No mispers



GOAL PROGRESS



Higher scores indicate greater difficulties.
Scores over 5 indicate clinically significant difficulties.



Home to
Parents
Oct 23

Mar 24



Residential
Placement
Sept 22



MyST
Involvement
Dec 22

My MyST Journey

Cost of
Residential bed,
£933 per day

Cost of Residential
bed for a 12 month
period,
£339,440



Residential
Placement
Apr 22



MyST
Involvement
May 22

Blaenau Gwent
Borough

Actual Savings
Financial Year 2023- 24 YTD
(saving includes MyST costings)

£311,707



Moved home
Jul 22

Mar 24



Key Enablers

- ▶ Our strategic and operational multi agency partnerships and stakeholders investment in the service
- ▶ Commitment, skill, compassion, and passion for this work from our teams
- ▶ Core model which is flexible and adapts to the local LA context and landscapes
- ▶ Strong emotionally connected and relationship-based leadership

Contact details

- ▶ **Jennie Welham** - Regional Programme Director
- ▶ WELHAJ@CAERPHILLY.GOV.UK
- ▶ **Cariad Warrilow** - Regional Data & Performance Manager
- ▶ WARRIC@CAERPHILLY.GOV.UK

Victoria Village Primary School
Lower Harpers Road
Abersychan
Pontypool
Torfaen
NP4 8PW

01495 764680

Ty Pawb
5-6 High Street
Bargoed
CF81 8QZ

01443 811485